For Your Lower Back

Ontario Chiropractic Association

SETS/REPS: To Fatigue	HOLD: 8sec	REST: 30sec	4X PER WEEK

Curl Up

- Place your hands under your low back to preserve a neutral spine. Do not flatten your back to the ground. One leg is bent, but the other remains straight.
- Raise your head and shoulder up from the ground. The motion occurs from your thoracic spine, not the cervical or lumbar.
- Hold for 8 seconds, then lower. Switch which leg is bent for every other rep.

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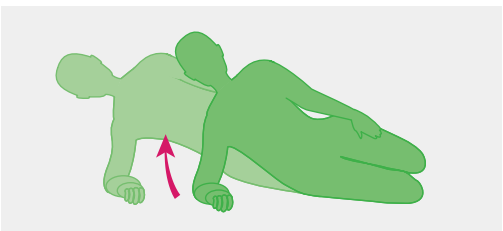

Half Side Bridge

- Bridge the torso between the elbow and the knees.
- Lay on one side with knees bent, elbow directly under shoulder.
- Keep knees, hips and shoulders in the same plane.
- Raise your hip up off the floor, avoiding forward or backward rotation.

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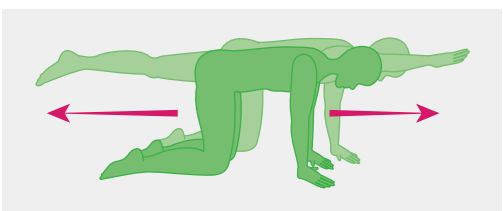

Quadruped Cross Crawl (Bird Dog)

- Start on your hands and knees. Maintain a neutral flat back. Brace with your abdominal muscles.
- Slowly sweep one leg behind while at the same time extending the opposite arm in front, until both are parallel with the floor.
- Sweep them back in; repeat switching sides.

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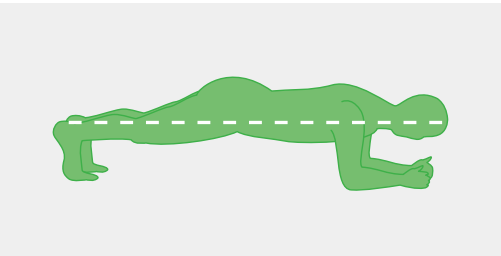

Plank

- Support your body on your elbows and feet, elbows shoulder width apart and feet together.
- Maintain knees hips and shoulders in the same plane.
- Brace with your abdominals.

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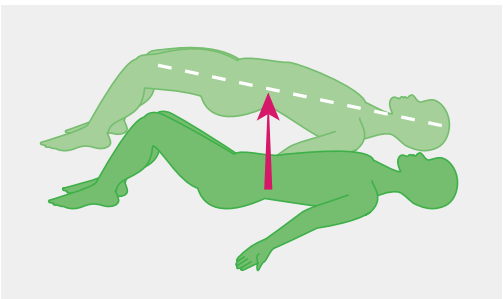

Bridge

- Lay on your back with knees bent and feet flat on the floor.
- Place arms 45 degrees to the side, with palms up.
- Slowly raise pelvis off the floor, keeping shoulder blades on the floor.
- Maintain knees hips and shoulders in the same plane.
- Brace with your abdominals.